



Lentil Veggie Chilli with Zesty Rice

Classic 40 Minutes • Medium Spice • 2 of your 5 a day

18



Onion



Garlic Clove



Kidney Beans



Basmati Rice



Chipotle Paste



Vegetable
Stock Powder



Sundried
Tomato Paste



Red Split Lentils



Lime



Baby Plum
Tomatoes



Coriander



Soured Cream



Beef
Mince




CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Before you start Cooking tools, you will need:

Garlic Press, Colander, Saucepan with Lid, Zester

Ingredients

	2P	3P	4P
Onion**	1	1	2
Garlic Clove**	1	2	2
Kidney Beans	1 carton	1½ cartons	2 cartons
Chipotle Paste	1 sachet	1½ sachets	2 sachets
Water for the Chilli*	400ml	600ml	800ml
Vegetable Stock Powder 10	1 sachet	1½ sachets	2 sachets
Sundried Tomato Paste	1 pot	1½ pots	2 pots
Red Split Lentils	100g	150g	200g
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Lime	1	1	1
Baby Plum Tomatoes	125g	190g	250g
Coriander**	1 bunch	1 bunch	1 bunch
Olive Oil for the Salsa*	1 tbsp	1½ tbsps	2 tbsps
Soured Cream 7 **	75g	100g	150g
 Beef Mince**	120g	180g	240g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	488g	100g
Energy (kJ/kcal)	2998 /717	615 /147
Fat (g)	15	3
Sat. Fat (g)	6	1
Carbohydrate (g)	113	23
Sugars (g)	14	3
Protein (g)	28	6
Salt (g)	1.71	0.35
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	548g	100g
Energy (kJ/kcal)	3540 /846	647 /155
Fat (g)	24	5
Sat. Fat (g)	9	2
Carbohydrate (g)	114	21
Sugars (g)	13	2
Protein (g)	39	7
Salt (g)	1.74	0.32

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **10**) Celery


Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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Get Prepped

Halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press). Drain and rinse the **kidney beans** in a colander.



Start the Chilli

Heat a drizzle of **oil** in a saucepan on medium-high heat. Once the **oil** is hot, add the **onion** and season with **salt** and **pepper**. Cook until the **onion** is soft, 4-5 mins, stirring occasionally. Add the **garlic** and **chipotle paste** (use less **chipotle paste** if you don't like heat), stir and cook for 1 minute.



CUSTOM RECIPE

Before you cook the **onion** in the step above, heat a drizzle of oil in a frying pan on high heat. When the oil is hot, add the **beef mince** and cook until browned, 5-6 mins. Use a wooden spoon to break it up as it cooks. Drain and discard any excess fat from the **beef**, then season with **salt** and **pepper**. Add the **onion** and continue with the step and the recipe as instructed.



Cook the Rice

Pour the **water for the rice** (see ingredients for amount) into a saucepan and bring to the boil. When the **water** is boiling, add 1/4 tsp of **salt**, stir in the **rice**, lower the heat to medium and pop a lid on the pan. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Make the Salsa

While the **rice** and **chilli** cooks, zest the **lime** then halve the **lime**. Quarter the **tomatoes** and finely chop the **coriander** (stalks and all). Squeeze **half the lime juice** into a bowl and add the **olive oil** (see ingredient list for amount), season with **salt** and **pepper**. Stir together, then add the **tomatoes** and **coriander**. Mix together and keep to one side.



Simmer

Pour in the **water** (see ingredients for amount), stir in the **vegetable stock powder**, **sun-dried tomato paste** and add the **red split lentils**. Stir together, bring to the boil, then reduce the heat to medium, cover with a lid and simmer until the **lentils** are tender, 20-25 mins. Stir every few mins to ensure the **lentils** aren't sticking to the bottom of the pan. Add the **kidney beans** for the final 5 mins, and a splash of **water** if you feel it needs it.



Finish and Serve

Once cooked, fluff up the **rice** with a fork and stir in the **lime zest**. Spoon into bowls, top with the **lentil chilli** and finish with the **tomato** and **coriander salsa** and a dollop of **sour cream**. Cut the remaining **lime** into **wedges** for squeezing over.

Enjoy!